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## Murals

Council considers 'outdoor gallery' for Haliburton

**3**



## Almost finished

Only months left until Tim Hortons complete

**5**

The Haliburton County

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## Art attack!

Brayden Roth, 9, is given some help with his structure from dad Ed as brother Gavyn, 6, watches during Intriguing Installation session offered as part of Art Attack in Head Lake Park in Haliburton on Thursday, Aug. 29. The Roths are Loon Lake cottagers. More on page 9. Darren Lum Staff

# Refugee finds peace in Haliburton

➤ Congolese doctor spends summer at Medeba

Darren Lum  
Staff reporter

Imagine being persecuted by your own country, arrested and tortured for going to work. Think what it would be like to have to escape from your homeland and find solace in a foreign country thousands of miles away, leaving behind an established medical career, wife and three young children.

Such a scenario is unfathomable for most

Canadians. However, for Dr. Paulin Rukiko, a self-described Christian from the Democratic Republic of Congo it has become an unforgettable chapter in his life.

The nightmare has seen the light of hope, however.

Rukiko took time from his summer work at see DOCTOR page 8



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# Replacement of culvert to close road

**Chad Ingram**  
Staff reporter

County Road 1 will be closed in Gelert for a couple of days in September as the county replaces a culvert.

"We're going to close the road for two days," roads director Doug Ray told county councillors during an Aug. 28 meeting.

Council awarded the contract for the culvert replacement to Royel Paving, whose tender for the job was just shy of \$122,000, including HST.

The budget for the project is \$225,000, but includes about \$100,000 for additional paving and guide rail protection work that was not part of the tender.

Ray said the work would likely take place during the second week of September.

A second tender was awarded to Royel Paving for the paving of shoulders, side roads and turning lanes on County Road 21.

That contract is for approximately \$240,000, including taxes.

Council also moved that a portion of the \$300,000 surplus from a capital works project on County Road 503 be put towards the repaving of a portion of County Road 12.

Tenders for the 503 job came in signifi-

cantly lower than expected, nor was there an increase in the price of asphalt.

The repaving of a three-kilometre stretch of County Road 12 will cost \$190,000 and be completed by Miller Paving through an extension of a surface treatment contract from earlier in the year.

The remainder of the surplus will go towards expenditures the county incurred as a result of flooding in the spring.

## Road work on 118 slows traffic

Clockwise, crews work on replacing a culvert on Highway 118 at Loon Lake on Aug. 27. The work was being done to replace a rusted culvert, which happens naturally over time, said one worker. Traffic was slow near the site as the road was down to one lane. The maintenance was being done by a subcontract of Carillion Canada.

**Angelica Blenich** Staff



Tuesday, September 3, 2013

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## Dysart considers outdoor art gallery

**Angelica Blenich**  
Staff reporter

The municipality of Dysart is moving forward with the idea of an outdoor art gallery, first presented to council by Haliburton Business Improvement representative and Councillor Andrea Roberts.

On Aug. 26, councillors heard from Mary Kettrick about the possibility of bringing outdoor murals to Haliburton Village.

Kettrick is currently involved with the Group of Seven outdoor gallery in Muskoka, which includes more than 40 murals throughout Huntsville, Algonquin Park, Dwight and other areas.

"In Huntsville in 2006 there was a project by Gerry Lantaigne reproducing murals by the Group of Seven," said Kettrick.

Inspired by Lantaigne's idea, Kettrick told council she would like to initiate the same type of project for Haliburton County and is hoping to bring murals to downtown Haliburton by 2014, starting with three murals located on the main street.

"I want to hire him [Lantaigne] and use his expertise," said Kettrick.

The purpose of the project is to draw visitors into town and beautify the downtown, she said.

"We've got to find something that Toronto people ... want to look at. It's got to be something that's a tourist attraction."

Wanting to have a different theme than the Huntsville project, Kettrick suggested using local artists to create pieces with a theme, such as Canadian landscapes.

"We have exceptionally good artists in this community ... we're not looking for other artists, we can get our own artists from here," she said.

The murals are created during the summer months over a period of 10 days and then installed at a site. They measure 10-by-eight feet and are constructed on weatherproof panels.

The murals are reproduced on aluminum and have tremendous longevity, according to Kettrick.

The art is covered with a surface treatment that prevents them from being damaged if vandalized.

One location Kettrick suggested in Haliburton Village that would be suitable for such a mural was on the outside of Home Hardware.

"Home Hardware has one of the walls that I personally would like to do first," said Kettrick. "It's the four corners of town."

While council is supportive of the BIA taking on the initiative Dysart Reeve Murray Fearrey said he is concerned about long-



An example of the Group of Seven mural project in Huntsville, titled *Stormy Weather, Georgian Bay*. Haliburton BIA requested council support of the project. Dysart et al council is considering lending its support. Photo supplied by Huntsville BIA

term funding of the project.

"What I'm worried about here is you might get the money for year one, but you need money for four years," said Fearrey.

Fearrey said there were possible funding opportunities with the Ontario Trillium Foundation and the Haliburton County Development Corporation.

Kettrick said the project needs to get \$20,000 funding for the first year and \$15,000 for each year following. The funding covers materials, artists, installation and management costs.

"It's a five-year plan, with three murals a year," she said, adding the project is long-term. "Nobody's needs are going to be met with

**"**

**Home Hardware has one of the walls that I personally would like to do first. It's the four corners of town.**

— Mary Kettrick

three murals."

Kettrick would like to be involved in a supervisory role and would like it to extend beyond the boundaries of the BIA.

Another goal of Kettrick's is to have a complementary outdoor gallery in Minden and

other Dysart communities, such as West Guilford and Harcourt.

Council agreed the BIA should be the lead on the project, with the municipality acting as a support.

# Online rental scams on the upswing in Ontario

**Angelica Blenich**  
Staff reporter

A vacation in the Haliburton Highlands is a sacred thing.

Travelling to Ontario's north means a week away from life's stresses and toward days filled with glorious sunsets, a warm dock to relax on and a cool lake for swimming.

However, imagine you pack up the kids, the car and the family dog, drive three hours on the highway only to get to a place that doesn't exist.

Instead of that beautiful, lakefront log cabin you saw advertised on the Internet and already paid for, you arrive at an empty, abandoned lot.

Online rental scams are happening throughout Ontario and the Haliburton Highlands are no exception.

In many cases renters are finding cottages advertised online, sending money or payment information but later finding out that cottage doesn't exist.

For someone trying to rent a place in Haliburton County this summer, an online ad raised some flags for the potential renter.

"For some of my cottage owners, I take bookings and they take bookings ... with the objective of getting them fully booked for the summer," said Janice Bishop, owner of All-Season Cottage Rentals in Eagle Lake.

"One of my cottages, the owner puts ads up online herself," said Bishop. "She got a call one day from a lady ... what had happened was somebody had taken her original ad, word for word with the same photos, and put it up online somewhere else with a different phone number."

A renter trying to book the cottage was about to give her payment information but suspected something was off with the ad, said Bishop.

"She did some research and must be very savvy with the Internet because she was able

to track down the real owner," said Bishop.

The owner contacted the website where the fake ad was listed in order to have it removed, according to Bishop.

Because no money or payment information was exchanged there was little the OPP could do to intervene.

Bishop believes the potential renter was fortunate to have caught on to the scam before making a crucial mistake.

"But think of how many people don't," she said.

Apart from losing out on money there is more at risk when it comes to rental scams.

"We get sad phone calls from people all the time and it's really upsetting when you think that people spend all year saving their money and to have somebody scam their vacation away from them," said Bishop.

Bill Dewey has been running WRD Cottage Rental Agency in the Highlands for the past 18 years. During the last 10 years Dewey has seen a number of online rental scams continue.

"People are coming through our door during the summer and saying you've got to help us," he said. "They've paid money and they're out of pocket and either the cottage doesn't exist at all or it's nowhere near the representation was in the ad."

In many cases the renters are sending cash in the mail to the contact info listed in the online ad, according to Dewey.

Dewey believes the popularity of the Internet and the money that is available is why these types of scams are happening.

"They can make \$5,000 easily and just walk away," he said. "It's incredible what's going on ... it's buyer beware."

With 190 cottages listed on WRD's website, the owner tries to rectify as many situations that he can.

Both Bishop and Dewey are members of the Travel Industry Council of Ontario, a governing body that sets out regulations and guidelines travel businesses must adhere to.



Cottage rentals are becoming more abundant in the Haliburton Highlands, however recent trends show an increase in online rental scams. The Ontario Provincial Police warn potential renters to be cautious when making vacation plans.

**Angelica Blenich**  
Staff

a place where the owner told him he would be able to access the beach.

"Well there were about 100 stairs ... the man spent the week watching his family enjoy the waterfront from up at the cottage."

Personal details for properties listed with Bishop's business are kept confidential, to avoid falling victim to a scam.

The Ontario Provincial Police caution those who see an online ad for a cottage rental to only deal with the owner or a reputable firm.

Once money is paid out it is difficult to get it back, according to the OPP.

Haliburton Highlands Const. Paul Potter said the OPP have not been made aware of any cottage rental scams in Haliburton County this year.

## County finds friends and fans on Facebook

**Chad Ingram**  
Staff reporter

Haliburton County has grown its social media audience.

Substantially.

During an Aug. 28 meeting, county tourism director Amanda Ranson gave councillors an update on the municipality's social media marketing. The county created a Haliburton Highlands Facebook page in April of 2010 and for three years, had 490 fans.

"What we've done in the past seven weeks is really concentrate on the audience, and making it larger," said Ranson, who's been on the job for a couple of months. "The whole team is really more engaged with communicating and interacting with that audience we have."

Her department now posts daily original

content and has built an ad campaign on Facebook, which began in mid-July.

It features the Haliburton Highlands logo and tells viewers adventure, food, arts and culture are available in the community, inviting them to click on the link to find out what's happening in the Highlands.

The ad, which has cost \$1,200, is targeted at Ontarians between the ages of 25 and 55 who are not already connected to the Haliburton Highlands and whose profiles show interest in a number of categories including environment, outdoor activities, dining and photography, among others.

As of Wednesday morning, the Haliburton Highlands page had nearly 3,700 fans.

"This is very good," Ranson said, adding that fans of the page are an engaged group, showing lots of interaction.

With its new fan base, the page's reach - that includes all of the Facebook contacts of the page's fans - is 100,000.

"Where else can we reach 100,000 people with a controlled message?" Ranson said, adding that 40 per cent of the new traffic had come from the ad itself and 60 per cent through engagement on the social media site.

Each Facebook post by the department is being seen by approximately 1,400 people.

"With Twitter, we haven't done as much work," Ranson said, although the department's Twitter feed is up to more than 1,700 followers, an increase of 64 per cent during the summer.

The department has been trying to leverage the hash tag #haliburtonhighlands.

Councillors were pleased with the figures.

"How do we know if being involved with the page is translating into any reservations, meals at restaurants?" Algonquin Highlands Reeve and County Warden Carol Moffatt asked.

Ranson said efforts have been on building

the audience, but that tracking was starting to happen.

"It's a little hard to measure, but we're doing more of this type of thing," she said.

Dysart et al Reeve Murray Fearrey was concerned that the targeted demographic for the Facebook ad went up to only the age of 55, commenting that it was people above this age who had the most disposal money.

Ranson responded that going above that age threshold didn't see much reaction on Facebook.

Minden Hills Reeve Barb Reid thought the county could afford to gamble since it was getting such bang for its buck with the Facebook campaign.

"I don't know anything that's \$12 per thousand," Reid said.

Ranson will also be working on strategies for other social media channels including Vine, Instagram and Pinterest.

# Tim Hortons on target for fall opening

**Angelica Blenich**  
Staff reporter

The new Tim Hortons being constructed on County Road 21 is on schedule to open its doors this fall.

Developer of the restaurant Jamie Chisholm said while there were some initial delays with the construction of the building, things are moving ahead as planned.

"It's well under construction now," he said. "In terms of a specific opening date we haven't nailed one down yet."

Construction on the project was slow to start due to coordinating trades and crews, said Chisholm.

Located on a county road, the restaurant is subject to meet certain criteria by the county roads department, including traffic lane improvements, the construction of left and right turning lanes and a paved shoulder, all to be paid for by the developer.

"People in the county and the township have been very constructive and helpful to make this happen," said



Chisholm. "No complaints whatsoever."

Once complete the developer believes the restaurant will be a nice looking building, featuring red siding and stone on the outside.

The 24 hour, drive-thru restaurant will include an outdoor

Construction is coming along on the new Tim Hortons restaurant on County Road 21 in Haliburton Village. Crews were working on the interior and exterior of the building on Aug. 29. The developer expects the restaurant to be open sometime this fall.

**Angelica Blenich** Staff

patio and a Cold Stone Creamery.

President of New Urban Retail, Chisholm said he is also working on other projects in the Haliburton County area, with more information to be released in the coming months.

## County facing increasing financial pressure

**Chad Ingram**  
Staff reporter

The Eastern Ontario Wardens' Caucus is releasing a series of five white papers on the significant financial challenges that lie in the years ahead for the municipalities in its jurisdiction.

The Eastern Ontario Financial Sustainability Project, which was presented at the recent Association of Municipalities of Ontario conference in Ottawa, comes in response to the 2012 Facing Our Fiscal Challenges report produced by the EOWC in 2012.

The news is not good, with escalating costs for rural municipalities far outpacing revenues.

According to the new report from the EOWC, since 2000 there has been 65 per cent growth in operating expenditures, compared to 11 per cent in household growth during the same time period.

Infrastructure is one of the biggest problem areas.

While spending on roads and bridges among the 103 municipalities in eastern Ontario increased 93 per cent between 2000 and 2011, the report says it's not enough.

While the municipalities are making a collective \$400 million a year in capital infrastructure investment, the report indicated that figure needs to be \$1.07 billion a year.

"That's basically to maintain existing assets," county chief administrative officer Jim Wilson told Haliburton County councillors at an Aug. 29 meeting.

By 2020, transportation costs are expected to increase by 76 per cent, protection costs by 70 per cent, health and emergency costs by 59 per cent and environmental costs - including assets like water and sewer systems - by 53 per cent.

Infrastructure is one of the biggest problem areas.

The CAO noted there is a "limited appetite" for tax increases.

While on average municipalities with the EOWC jurisdiction derive 90 per cent of their tax dollars from residential tax-

ation, in the county that figure is approximately 97 per cent.

"In some way we are miles ahead of our counterparts," said Warden Carol Moffatt.

Haliburton County is currently debt-free.

Dysart et al Reeve Murray Fearrey said municipalities would have to rely on provincial and federal levels of government for funding.



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# points of view



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*Forever in our memories: Creighton Feir*

## Improving health care

**J**OE SMITH FINDS himself at a cross-roads.

He doesn't have a family doctor. He's on heavy-duty pain medication. He struggles with mental health issues.

Smith didn't want his real name used in an article, but wanted people in Haliburton to know how difficult the situation can be for people without access to proper health care.

And by proper, that means a stable family doctor who can work through the minefield of health issues and prescription drugs with his or her patients week after week, year after year.

In Smith's case, he is dealing with opium-based narcotics, which can be dangerous if taken incorrectly, addictive and potentially lucrative should they fall into the wrong hands.

It makes doctors wary of giving them out to patients – especially patients they don't know.

An emergency room doctor may have never met the patient who comes in looking for a refill of her OxyNEO, an oxycodone-based drug.

That doctor doesn't know if the patient is reliable, has addiction issues or a history of drug abuse.

It can make health professionals more cautious.

Those at the walk-in clinic have the advantage of an ongoing medical file to refer to, but again, there is no guaran-

tee that a patient will see the same doctor twice.

When it comes to managing chronic pain – or any ongoing medical issues, for that matter – continuity of care is essential.

Which is why a doctor shortage should be concerning for everyone living in Haliburton County.

In many ways, this area is doing well with a strong roster of docs working out of the Haliburton hospital and the Family Health Team, but as Smith demonstrates, there is still an unacceptable number of people with no doctor at

all.

For those of us who only have to visit the doctor for minor health issues now and then, the clinic and ER fill the need.

But for others who face more complicated, ongoing health problems, only a consistent family doctor can really provide the necessary level of care.

In this county, most of us feel lucky to have HHHS, with its two emergency rooms, two long-term care homes and mental health centre, but we need to push for more.

Aside from top-quality facilities we need to get behind campaigns to get more rural doctors here – both those involving financial incentives and others.

Health care in the Highlands is incredibly good, but as long as there are people without family doctors, it's not good enough.



**Jenn Watt**  
Editor

Canadian Heritage

Patrimoine

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Canada



Head Lake morning

photo by Darren Lum

## The joy of camping

**I**T ALL STARTS with our summer bedroom, or more commonly known as our tent. Every summer my husband, daughter, our friends and I pack up our tents, stoves, sleeping bags, clothing, good food and coffee and we head out on some kind of adventure.

Spending days and days outside is one of the reasons we vacation this way. There is something very rejuvenating and inspiring about having a lot of time in nature. Taking only the very basics and living simply is good for the soul. I love having everything I need to survive in a pack that I carry on my back. Some of our greatest family memories are sitting around a campfire at night, and we feel especially lucky when there is a bright moon. I enjoy being hunkered in the tent in a torrential rainstorm when I'm dry and can just nap or cozy up with a good book.

All year long I look forward to simplifying my life and being able to fully listen and enjoy what is around me when I camp. We just got home from our vacation this summer and were lucky to spend 17 days in our summer bedroom. Three of those days were spent on the shore of the St. Lawrence, just north of Tadoussac, Que. The place we camped is all about being there to watch the whales who swim by on a regular basis – mostly minkes, some belugas and lots of seals and porpoises. Extra lucky campers/ kayakers get to see humpbacks, fin and blue whales. It is a magical spot that has several kilome-



**Lynda Shadbolt**  
Tales from The Great Green Meadow

tres of rocky shore where we spend hours sitting, or exploring as we watch and wait for a whale to surface. This campground is home to a really divine café that sells hot chocolate, coffee, soup, chili and homemade goodies. It is a treat, especially on a cold, rainy day or to just enjoy while sitting and watching for whales. Every campground has its own culture. This particular campground is dedicated to the whales. No one is playing music (except maybe a guitar or fiddle) because people are waiting and listening to the sounds of the minkes as they surface to breathe through their blowholes, making a gentle sound.

On our last evening we noticed everyone moving down to the rocks and could hear cheering, and we discovered that there were two minke whales jumping again and again. People stood in silence for hours listening and watching. I have to say, as a mother, that I love these kind of experiences for my daughter. We had no cellphone, laptop or any other technology. Our life was very simple and all about appreciating these huge creatures that live in our oceans. And it was beautiful to watch everyone around us doing the same thing.

I am always amazed how I love the simplest things in life and yet I regularly make things complicated. The time spent in my summer bedroom this year has reminded me of what is important in my life and what my priorities are for this fall. Now that's a good vacation!

# points of view

## The Universal Laws of Angling

**A** LOT OF PEOPLE who know me think that all I do is fish – and not very well at that.

Actually, for the last several years, I have been doing more than fishing. I've also been observing anglers in their natural habitat in order to compile what I call the Universal Laws of Angling.

One day, these will rank right up there with the Laws of Gravity.

These, after all, are the rules that essentially apply to every angler on the face of the planet.



**Steve Galea**  
Loon Tales

Things like:

The fish are always biting on the other side of the lake.

The fish were biting better yesterday.

If two fish are rushing for your lure, the smaller one will always get there first.

The lure that is working best will always be lost on the first cast.

A kid with a Mickey Mouse rod and red and white bobber will out fish the man with thousands of dollars worth of gear.

The minute you move off of a non-productive spot, someone will move in and catch a lunker.

Every fish that you catch will be an eighth of an inch too small to clear the slot size – or just an eighth of an inch.

A fishing line's natural state is tangled – around you.

The biggest fish will always escape through the hole in the net you never knew existed.

The only time you'll ever forget your fishing licence at home is the day they are checking.

You'll only remember that your boat plug is in the car when you are half-way across the lake.

You'll only figure out that your gas line was unplugged after you have rowed for an hour to get back to the landing.

An anchor rope will only be tied at one end.

Try to flag down help and 400 boats will ignore you, but catch just one nice bass....

The new angler will always catch the most fish.

The new angler will always catch the biggest fish.

The new angler will always "accidentally" go for a swim.

Fishing with kids is like trying to arm wrestle an octopus.

The only time a beaver will get close is to splash you.

Your camera will malfunction the minute you catch a personal best.

The only time you'll ever tangle a fly line is when someone tells their kid, "Watch this, it's an art."

Two fly lines simultaneously up in the air will immediately find each other.

The only thing you'll drop in the water will either be electronic or irreplaceable.

Every fish grows daily till the memory dims.

The one that got away is always huge.

No matter where it is, the hole in your waders will always make you look incontinent.

You'll only discover the pebble in your waders after you've snugged the wading belt up.

Trailer lights will stop signalling correctly when a policeman is following. No one ever picks up a latched tackle box.

Twenty square kilometres and the heron chooses your boat to crap on. You'll always forget the third piece of a four-piece rod.

If you gently put a rod down so it doesn't get caught in the car door, someone will run it over.

Nature only calls when your waders are on.

A thunderstorm will start the minute you stand in the river and start waving a graphite rod.

The distance to the tree behind you is always three feet shorter than your backcast.

When another angler asks you if you had any luck, it's because they did.

These then are the Universal of Laws of Angling. Enjoy – and let me know when you're selling your boat.



pic of the past

**T**his is the Lorne Bailey mill on Head Lake. You can see the hardwood logs that got milled and shipped out by train. It burned down in 1969. Submitted by Lisa Robertson.

Last week's pic of the past had a typo in the name. What was printed as "Heidi" should have read "Helvi."

### letters to the editor

## Haliburton, we miss you already!

### To the Editor,

On a good day, city living is edgy, stressful, fast-paced and tiring.

We long for weekends at the lake where we can breathe in fresh-scented air and enjoy a view not of concrete towers but of towering pines.

Here, there are no traffic jams, only the honking of geese and the mournful call of a loon.

When early morning mist rises off the lake, I know the seasons are shifting.

The waters are cooling.

Our breath hangs in crisp air, white swirls floating. Soon we will leave our cottage to winter, silently and alone.

This is when the melancholy flows and my thoughts turn to summers past.

I am consoled knowing memories of cottage adventures will hold us steady until spring.

Memories that have been told and retold over the years that never fail to make us smile and laugh.

Family moments that keep us close and yet challenge us, to create new ones.

Summer may be fading, but not the memories.

They are a gift, allowing us to relive each cottage weekend again and again and again – despite the season.

**Barbara Szita-Knight**  
Esson Lake

### BOONIEVILLE



Alison Bangay, left, of Medeba loved having Dr. Paulin Rukiko of Congo here for the summer. Rukiko, who has appreciated his Canadian welcome, was forced to flee Congo because of government persecution and has since received his official refugee status. Darren Lum Staff



# Doctor hopes family will join him

from page 1

Medeba, located outside West Guilford, to express his gratitude to Canada, but more importantly to area residents and Water Ambassadors founders Barry Hart and Heather Allobay; Alison Bangay of Medeba; and Haliburton County for being so welcoming at his darkest hour.

**MINDEN SKATING CLUB**

**Registration**

Monday September 9th and  
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When Rukiko was able to call his wife, he told her about his "positive impression" of Canada and its government agencies. He was happy to tell her of his new home.

"I have a safe place where I can live. Where I can sleep and know that I will see the sunshine the next day," he said. "There has been a time I didn't [have] hope to see the next day's sunshine."

A doctor for seven years, focusing on HIV and infectious diseases (with various international organizations including the University of Maryland and health projects), Rukiko worked in Rwanda, but lived in Congo. With political stability between Rwanda and his home country Congo, there weren't any problems for years. That all changed after the two bordering countries experienced a "bad political relationship," stemming from suspicion that the Congolese government thinks Rwanda is supporting the armed rebels.

This permeated the two countries, creating an atmosphere of distrust and suspicion for foreigners. Rukiko's travel between the two countries became a suspicious act instead of being seen as simply a man looking to make a living in another country helping other Africans.

"As someone who was working in an enemy-backed country, I was not at all welcomed back home for those reasons," he said. "Having occupied an important position in an enemy country raised some suspicions among my own people, my own leaders ... I was just doing medicine."

Much of his work included travel to give speeches about his HIV and AIDS activism.

"People knew I was travelling around the world speaking about what I was doing. My own people tried to use the fact I

“

**There has been a time I didn't [have] hope to see the next day's sunshine.**

— Dr. Paulin Rukiko  
Congolese refugee

have those privileges to show I may be involved in one way or another ... of course, that is not true. All that is a result of the disorder in the government," he said.

After months of torture by Congo intelligence agents, which left Rukiko with massive contusions, they had no choice but admit him to a hospital or see him die. It gave him an opportunity to escape. Rukiko left the Congo last year on Nov. 6 and has not seen his family since.

He first landed on April 7 and found Canada welcoming and accommodating.

It was through his time at Matthew's House, Refugee Reception Services Toronto, where he met the founder that

see FRUSTRATION page 9

# Frustration over international response to Congo conflict

from page 8

introduced him to Hart and Alloway of Haliburton, who Rukiko considers his "Canadian parents."

When they learned of his story they wanted to help.

With their knowledge and connection to Medeba, the couple contacted Alison Bangay, Medeba's summer personnel director.

Just a week before Rukiko finished his summer work period from June 17 to Aug. 31, Bangay reflected on his influence and time at the camp.

She empathizes with Rukiko's hardship, having a husband and family herself.

"Some of us never think we won't see our family the next day ... it's unfathomable," she said.

Bangay immediately agreed to give the African doctor the health care assistant position. Usually they have nursing students or nurses, but never a medical doctor so this was a special opportunity.

Although his medical skills and expertise were never really stretched, she feels his presence provided so much more and lovingly refers to him as "a father to so many."

Rukiko's story is an example of not taking things for granted, Bangay said.

"He recognizes opportunities and doesn't take them for granted," she said.

Bangay said Rukiko loved the area and "appreciates all that Haliburton County offers."

She asked the African doctor to stay and continue working with the camp. She wasn't surprised when he declined, as a lot of his efforts to re-certify for Canada and the necessary work to bring his family here must be done in Toronto.

While here he spent much of his free time with campers, playing basketball, swimming and hiking. Hart, who is a pilot, and Alloway took him on a plane ride to Killarney where he was enthralled by the beauty.

He was granted official refugee status by Canada on June 7.

"I won't forget that day," Rukiko said.

There was a great celebration while at Medeba. Rukiko spoke to his entire family on the phone from Rwanda.

"It was like a family party," he said. "Although I was here I could hear my wife and my kids screaming on the telephone from where they [were], being happy their dad and her husband has been granted refugee status. So they are hopeful to join me. I don't know how long it will take, but at least they are sure they can join their dad, she can join [me] and live peacefully."

Rukiko has been working towards bringing his family here and getting the Canadian certification to practice. With his recent experience, Rukiko would welcome an opportunity to work here, filling the doctor void.

"I wish I could bridge the gap," he said.

Although he has fallen in love with Canada, Rukiko holds hope for his homeland.

"I'm hoping peace can come back to my country," he said, referring to how war, in eastern Congo in particular, has ravaged his country for the past 15 years.

The horrors and the atrocities being committed there bring rage to his face.

He points the finger of blame on the government and the international community.

"Why? Why do thousands of UN peacekeepers, who are operating in the Congo, could not come and help to end the atrocities going on in the Congo?" he said. "I believe that if we had a responsible government - if we had a responsible peacekeeping nation and a responsible, I'm sorry to tell you, international community, which was concerned of the misery of the Congolese - I believe that war would have come to an end. I believe innocent people wouldn't be obliged to flee the country."

He adds everyone must be compelled to bring peace to his country if you have a mother, daughter and a sister; a 2011

"

**Some of us never think we won't see our family the next day ... it's unfathomable.**

— Alison Bangay  
Medeba

study found that 12 per cent of the country's women had been raped at least once.

"This country needs help," he said.

Far from his home, Canada has become a place to reflect and to consider methods to help his homeland. Rukiko wants to start a movement including Congolese and friends of Congo to lead change for his country.

"It's a blessing for me to be here in Canada where I can think of starting something which can help my own people within three or four years. I will need the help of everybody," he said. "[I am thankful for] all the good people I have met in this country and they have been impacting my life. [Also] the government of Canada for its services, Matthew House and the whole team of the Water Ambassadors, including Barry Hart and Heather Alloway, and the leadership of Medeba."

Despite everything he has been robbed of, he continues to see the light at the end of this dark journey.

"As long as my security and my peace is guaranteed I don't consider it as a step behind. Instead it's progress," he said.



## Art attack!

Children rush to clean up the pieces to the Intriguing Installation session offered as part of Art Attack in Head Lake Park in Haliburton on Thursday, Aug. 29. This is the last of the weekly series offered by the Rails End Gallery in Haliburton this summer. Darren Lum Staff

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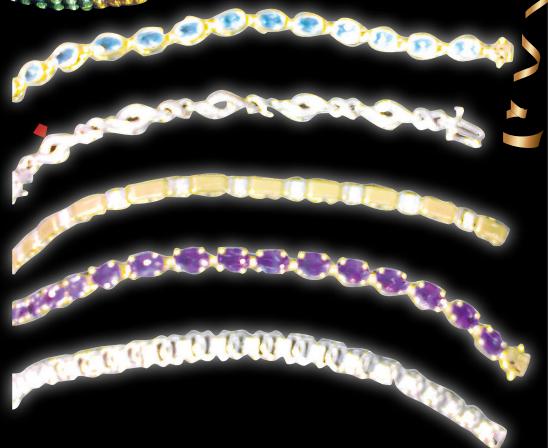
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# Pain management without a family doctor

Jenn Watt  
Editor

When Joe Smith lost his family doctor, he lost more than his medical consultant.

The 66-year-old is now having problems acquiring drugs he formerly took to manage chronic pain caused by a degenerative bone disease.

Smith, who asked not to have his real name revealed to maintain his privacy, is on several kinds of medications including some for panic attacks as well as those for his pain.

It's the pain medication that causes the problems.

"It's like I'm a street junkie," said Smith, who lives alone and is largely dependent on mental health services and community care to help him get to appointments.

When his doctor, Brigit Reidy, left the Kinmount Medical Centre practice earlier this summer, Smith was left without a family doctor.

He said he has gone to both the emergency room and the walk-in clinic looking for doctors to refill his prescriptions, but is only given a fraction of what he needs to keep his pain and anxiety in check.

"I go with a guy who works for the mental health department in Minden [Haliburton Highlands Mental Health Services]. They can't do anything. I still get nowhere," he said.

Smith takes narcotics to manage his pain. He has been on OxyContin in the past and is now on a combination of Hydro-morph Contin and PMS-Hydromorphone alongside meds for his panic attacks.

Both drugs are opioids, which can be dangerous when combined with other drugs, have been found to be addictive and can have serious side-effects including depression, agitation, rashes, gastrointestinal issues among others.

Because opioids are opium-based medications, they can create a high, which makes narcotics – especially OxyContin, which is no longer prescribed – particularly valuable to those who would sell it on the street.

Debbie Watson, director of patient care at Haliburton Highlands Health Services Foundation, said it is common for emergency department doctors to refuse to refill prescriptions for narcotics.

"The emergency department actually has policies [that] we don't typically refill narcotic medication for patients with

chronic pain," she said.

"It is a good practice because people that are suffering with chronic pain management really need to be watched and managed closely by their family physician," she said.

Without a family doctor, Smith did the next best thing and went to the walk-in clinic.

Doctors within the Family Health Team, which runs the walk-in clinic three days a week in Haliburton, do not have a blanket policy like the HHHS.

Each doctor there is free to exercise his or her best judgment.

While the walk-in is a better option for those without family doctors, patients still find themselves in a difficult situation.

"You're going to see someone different every time," says HHHS chief of staff Dr. Greg Karaguesian. "No one gets to know you, especially as you acquire conditions. If you see a family doctor and they follow you they know you. It's a more stable relationship."

Karaguesian works primarily out of the emergency department, though he has been helping out in Minden lately in the wake of Dr. Bennet Wu's departure from that community.

The doctor says he sometimes sees people looking to refill narcotics prescriptions in the ER. Because of the nature of the drugs and the brevity of the visits in the ER, doctors there have to be especially cautious.

"The problem is that emergency rooms across Canada are one source of obtaining narcotics," he said.

"Because it's very difficult to follow [patients' medical histories] in emergency rooms and emergency rooms are supposed to be about acute things, we don't tend to give repeated prescriptions to narcotics," he said.

Karaguesian said prescription pills do end up on the streets even in small towns including Haliburton.

Doctors have to assess in a short period of time whether they think the patient in front of them should be receiving narcotics.

"We're careful with them. You can get into trouble with these drugs," he said.

In the meantime, Smith continues to look for a family doctor, going as far as Brampton in hopes of finding someone who will take him on.

Until that time, he will have to continue to negotiate with doctors in walk-in clinics and emergency rooms with varying degrees of success.



OxyNeo and other narcotics are harder to get than they used to be. Those without a family doctor find themselves in a tough position when emergency room doctors are unwilling to write prescriptions for the drugs. Darren Brown QMI Agency

"This is medication for sickness, this is legitimate," he said.

## Program offers peer support for new parents

**►** New program supports new and expecting parents

SIRCH Community Services announced last week it is sponsoring a new program

called Life With A Baby for Haliburton County.

The program is peer-based support for new and expecting parents and parents with kids up to six years old.

"Peer-based support programs have been shown to be the most effective for new parents and accentuate existing programs in communities," a press release from SIRCH

said.

Life With A Baby group also intends to hold seminars, open forums and social events.

The intent is to reduce the isolation and anxiety new moms face and to reduce chances of them developing post-partum mood disorder.

"Having a group of parents to talk to, get

together with and laugh with helps us enjoy life with a baby so much more," the release said.

SIRCH is covering the program costs, but its co-ordinator Heather Deveaux, who is volunteering her time, reports to Life With A Baby founder Claire Kerr-Zolobin.

To learn more about Life With A Baby go to [www.lifewithababy.com](http://www.lifewithababy.com).

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# Municipality allows new Bell tower

**Angelica Blenich**

Staff reporter

Dysart et al has given the thumbs up to a new communications tower proposed for Eagle Lake.

Councillors passed a resolution allowing a 100-metre Bell tower to be constructed on Bushwolf Lake Road, in the Township of Guilford.

A delegation was made by Haseeb Amirzada of CanACRE Ltd, an agent of Bell mobility, at the municipality's Aug. 26 meeting, explaining the proposed tower meets regulations set out by Industry Canada.

The original proposal was changed from a 120-metre tower, with the new proposed height "as low as we could go," said Amirzada.

While the Eagle Lake area is currently served by a Rogers

communication tower, Amirzada told council Bell could not use the infrastructure already in place.

"The existing tower is also 100-metres ... the space on the tower is not available ... Rogers has taken that segment of the tower for themselves, any lower than that the service area is not feasible," he said.

At this point the consultation process has been completed and no other properties were suitable due to being too small for the communications tower, or had marshland on the property, according to Amirzada.

"We are adhering to Industry Canada rules and meeting health concern requirements," he told council.

Reeve Murray Fearrey said while it was the municipality's job to keep infrastructure standards up, the proposal was "a no-win situation for council."

"It's a hard call because if you happen to have Rogers then you don't care about the other provider ... but if somebody

is in there and needs an ambulance and all they have is their cellphone and can't get service then that's a situation," said Fearrey.

The proposed tower is too tall to be disguised as a pine tree, according to municipal planner Pat Martin's report to council.

Martin also recommended to council that the tower be located 60-metres from the road, with a 30-metre vegetation buffer around it.

A tree buffer will be kept around the proposed tower, said Amirzada.

Construction on the Bell tower is proposed to start next year, however Amirzada is unsure how many people it will serve.

"Usually for a 100-metre tower you get a blanket radius of six kilometres of coverage," he said.

Council passed a resolution to allow the tower to be located a minimum of 30-metres from the road.

## County wants affordable housing building renamed

**Chad Ingram**

Staff reporter

The residents of Haliburton County's new affordable housing complex will have a chance to help determine its name after the municipality's politicians were shot down with their request to mould a moniker.

First announced in the fall of 2011, construction on the 24-unit building off County Road 21 outside Haliburton Village is expected to be completed shortly.

The name of the building is to be Haliburton Highlands of Hope, a title that is not sitting so well with members of county council.

In a July 25 letter to Hope Lee, CEO of the Kawartha Lakes-Haliburton Housing Corporation, county Warden Carol Moffatt wrote that the county's finance and correspondence committee, "continues to have concerns with the name Haliburton Highlands of Hope and passed a resolution requesting the board grant the county the right to name the building in light of the significant financial contributions made towards this project by both the county and the municipality of Dysart et al."

The county chipped in \$190,000 for the building, with \$1.9 million coming from the province and feds.

Dysart et al sold the property to the housing corporation at cost, after removing contaminated soil and waiving building and planning fees.

An Aug. 7 resolution from the housing corporation board noted the correspondence from Moffatt had been received and that the first tenants of the building would be asked to provide feedback on the existing name and suggestions for a new one.

Once the comments have been received, the board says it will be making the final decision on the name.

The City of Kawartha Lakes acts as the regulator and service provider for social services and housing in Haliburton County.



**Angelica Blenich** Staff

Construction is moving along quickly on the affordable housing development located on County Road 21. Seen here in April the 24-unit complex is a joint project of the Kawartha Lakes-Haliburton Housing Corporation and is expected to be completed by a summer of this year.

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# Broad range of hikes promises something for everyone

**Darren Lum**  
Staff reporter

See the brilliant beauty, culture and the wonder of the Highlands through a multi-day hiking event later this month.

The Hike Haliburton Festival is enjoying its 11th year and is boasting more than 50 different guided and themed hikes for all ages throughout the Haliburton Highlands from Sept. 19 to 22. There are several hikes in each of the four municipalities (Dysart, Minden Hills, Highlands East and Algonquin Highlands) providing a full breadth of the county.

Organizer Barrie Martin said this event gives him a creative outlet and promises fun for everyone.

"We want them to have a better sense of the rich cultural and natural heritage that we enjoy here and what beautiful spot we live in. That's what we hope people get out of it," he said. "We're trying to cater to all ages and abilities. Our hikes are anywhere from a kilometre long to the longest one is 15 kilometre long. There's lots of diversity."

There are five different live entertainment offerings such as Gord Kidd at the Blister Ball, Fred Eaglesmith, Phil McMahon, David Archibald and Grammy nominee Jane Bunnett.

All entertainment has associated ticket costs.

The festival kicks off with the Blast Off barbecue and registration event at the Minden

Hills Cultural Centre on Sept. 19. Featuring the music from Phil McMahon and Friends and Custom Blend, who play at 6 p.m., the barbecue starts at 5:30 and runs until 7:30 p.m.

In the days following, the event includes hikes Finding Harburn Wells, Hike and Go Seek - An Introduction to Geocaching, Little Ireland: Not So Little and Not So Irish, Wetland Ways, Can You Dig It?, Boot and Boat, Fish by Foot, In Search of Old Growth and The Taste Trail among others.

Leaders, for the first time, are being offered leadership training and a first aid course.

The festival allows people to not only experience and see public hiking areas, but also to venture on private property such as the Miner's Bay Lodge property with Walk with Wunker and YMCA Wanakita with Night Watch, Martin said.

New to the event this year are two workshops: Plein Air Painting at the Art Hive (for participants eight and older) from 9 a.m. to 11 a.m. and Wild Edibles Preserving and Tasting at Windfall Food Forest (follows In Search of Sumac and Other Wild Edibles and costs \$60 per person) on Saturday, Sept. 21.

Also, there will be mystery celebrity hikers and an opportunity to win prizes through Kount Your K's and a Photo Scavenger Hunt.

Last year's event, Martin said, drew 1,200 people and he is expecting to break that.

Through new initiatives, he said, the



**Jenn Watt** Staff

Magnificent Hill owners Diane Doiron, front left, and Lea Kitler show Hike Haliburton participants a cave in the forest of their Highland Grove property last year.

organizers and Haliburton County Tourism has negotiated with tour operators, who cater to Asian customers, to bring them up and with Parkbus to transport people from Toronto up Hwy. 35 on the first day to participate in the festival. According to Park-

bus website, it is "an express bus service between the city and outdoor destinations."

For more information to register or on hike listings, tickets and accommodations see [www.experiencehaliburton.com/hike-haliburton-festival](http://www.experiencehaliburton.com/hike-haliburton-festival).

11th Annual **Hike Haliburton** September 19-22, 2013

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**Thursday, September 19th**

#2. Night Watch 8:00pm - 9:00pm 1 km Easy

**Friday, September 20th**

#3. Boot and Boat 9:00am - 11:00am 4-5 km Moderate

#4. Can you Dig it? 9:30am - 12:30am 3 km Moderate

#5. Wetland Ways 9:30am - 12:30pm 4 km Moderate

#6. On Anson Mountain 9:30am - 3:30pm 14 km Challenging

#7. A Basket Case 10:00am - 12:00pm 2-3 km Easy

#8. The Taste Trail 1:00pm - 4:00pm 2.5 km Easy

#9. Stouffer Mill Strut 1:00pm - 3:30pm 4.5 km Moderate

#10. Boot and Boat 1:30pm - 3:30pm 4-5 km Moderate

#11. Way Back in Wilberforce 2:00pm - 4:03pm 3 km Easy

#12. Abbey Gardens Amble 2:00pm - 4:00pm 2 km Easy

#13. Little Ireland 2:00pm - 4:00pm 3 km Easy

#14. Hike the Hills 2:00pm - 4:30pm 6 km Challenging

#15 Hike & Go Seek-an Intro 6:30pm - 8:00pm to Geocaching (Workshop)

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## HIKE SCHEDULE

**Saturday, September 21st**

#18. Focus on Fall	7:30am - 9:30am	2 km	Easy	#41. Nature at the Nordic	3:30pm - 5:00pm	3 km	Moderate
#19. Fish by Foot	7:30am - 10:30am	1 km	Easy	#42. Wild Edibles Preserving and 4:30pm - 8:30pm Tasting (Workshop \$60/person)			
#20. A Walk in the Clouds (\$)	9:00am - 1:00pm	1 km	Easy (lots of heights!)	#43. There is Art in the Forest	10:00am - 12:00pm	1.5 km	Easy
#21. In Search of Old Growth	9:00am - 2:00pm	8 km	Challenging	#22. Finding Harburn Wells	9:30am - 12:30pm	2 km	Moderate
#23. Can you Dig it?	9:30am - 12:30pm	3 km	Moderate	#24. There is Art in the Forest	10:00am - 12:00pm	1.5 km	Easy
#25. Lakeshore Trek	10:00am - 4:00pm	15 km	Challenging	#26. Paddle & Hike	10:00am - 4:00pm	12 km	Challenging
#27. Sir Sam's Hike or Bike (\$)	10:00am - 12:00pm	2-6 km	Moderate	#28. The Grand View	10:00am - 2:00pm	12.5 km	Easy
#29. Crests of Kennisis	10:00am - 12:30pm	5 km	Challenging	#30. A Walk with Wunker	10:30am - 12:00pm	1.6 km	Moderate
#31. Trailside Cooking	11:00am - 2:00pm	3 km	Easy	#32. There is Art in the Forest	1:00pm - 3:00pm	1.5 km	Easy
#33. Getting 'Wild' with Wayne	1:00pm - 4:00pm	5 km	Challenging	#34. In Search of Sumac	1:00pm - 4:00pm	2 km	Easy
#35. Old Oaks	1:30pm - 4:30pm	3 km	Moderate	#36. No Child Left Inside	1:30pm - 3:30pm	2 km	Easy
#37. The Fault Line	2:00pm - 4:00pm	3.5 km	Moderate	#38. A Hike for James Cooper	2:30pm - 4:30pm	4 km	Moderate
#39. Ghost Walk (Haliburton)	2:30pm - 4:30pm	1.5 km	Easy	#40. Three Lakes Trek	3:00pm - 4:30pm	2 km	Moderate
#41. Leave it to Beaver	2:30pm - 4:00pm	1.5 km	Challenging				

**Sunday, September 22nd**

#45. Focus on Fall	7:30am - 9:30am	2 km	Easy	#46. Voyageur Portage	9:00am - 12:00pm	3.5 km	Moderate
#47. Walk in the Clouds (\$)	9:00am - 1:00pm	1 km	Easy	#48. Circuit of Five Viewpoints	9:00am - 11:00am	5 km	Challenging
#49. Plein Air Painting Workshop	9:00am - 11:00am			#50. Steppin' Out in the Glebe	9:00am - 11:00am	4 km	Moderate
#51. Milburn to Miserable	9:30am - 2:30pm	13 km	Challenging	#52. On Magnificent Hill	10:00am - 12:00pm	1 km	Easy
#53. A Trail Run	10:00am - 11:00am	3-5 km	Moderate	#54. High Falls Hike & Ride	10:00am - 12:00pm	6 km	Easy
#55. Trail Troubadour	10:00am - 12:00pm	2 km	Easy	#56. Geocaching - Treasure Hunting	10:00am - 12:00pm	2 km	Moderate with a GPS
#57. Edible Wild Walk	10:30am - 12:00pm	1 km	Easy	#58. Into the Past	10:00am - 12:00pm	1.5 km	Easy
#59. Gems Beneath Your Boots	1:30pm - 4:30pm	3 km	Moderate	#60. Walk with Fish	2:00pm - 3:30pm	1 km	Easy
#61. Ghost Walk (Minden)	2:30pm - 4:00pm	1.5 km	Easy	#62. Into Beetle Lake	2:30pm - 4:30pm	5 km	Challenging
#63. The Forest Where It's Art	2:30pm - 4:00pm	1 km	Easy	#64. Leave it to Beaver	2:30pm - 4:00pm	1.5 km	Moderate

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# 365 ways to say thank you



**Nancy Brownsberger**  
SIRCH

I did it! I sent my first thank you note this afternoon.

Only 364 more to go and I have to say that I feel a little hesitant, but extremely excited to see what happens over the next year as I have committed to taking on the challenge of writing a thank you card every day for the next year.

For those of you who know me well, fall is my favourite season – the beginning of a new year in a lot of ways but most particularly because I am a fall baby.

And as each “new year” is upon me I always take it upon myself to begin some-

thing new, out of my comfort zone and challenging. A few years ago it was to learn how to cook really good food, three years ago it was to follow one NFL team throughout an entire season and learn the sport of football (still a Cowboys fan and a relatively good cook to this day).

I cannot take credit for the idea of 365 days of thank you cards, it was thought up by John Kralik who wrote the book *365 thank you notes*. Now, I didn't read that book, what I did read was a blog post written by him entitled “A Grateful Heart” originally published in *Parade*, January 2012, and in his article he outlines how he came to write the book and what the repercussions were after publishing it.

What happened for Kralik is not unlike most of us – he hit a bad year – a really bad year. Financial ruin, divorce, career issues and relationship troubles.

Taking a walk in the mountains one day, thinking over and over again about all he had lost and how he had gotten there it came to him – “I need to be grateful for the things I have and not the things I have lost or want.”

Now, Kralik could easily have thought this thought and done nothing about it (he actually believes he heard a voice tell him this) but he went home and decided that in order to find what he was grateful for he would write thank you cards, every day (or a close facsimile to every day) for one year. It changed his life. He wrote a letter to his barista who remembered his name every single day and made him feel good, he wrote letters to friends, family members even business associates within the legal field. And guess what? His life changed. According to Kralik, “By showing others how their lives had meaning in mine, I found them reflecting back to me that my life also had mean-

ing in theirs.”

Even better, Kralik began receiving thank you cards from all the folks who's lives had changed from reading his book. Talk about a ripple effect!

I am not in fact having a bad year, but do feel it is time for some significant changes so here it goes, my second thank you note:

To the readers who read this article and feel inspired:

Thank you for taking the time out of your busy lives to read your local paper – knowledge is so important.

And thank you for reading the words that I am extremely considerate of, it is because of SIRCH Community Services (who I am extremely thankful to) and you that inspires me to write.

Sincerely, Nancy  
(Okay, 363 more to go!)  
Visit: [www.365thankyounotes.com](http://www.365thankyounotes.com).

## No injuries in kitchen fire

**Angelica Blenich**  
Staff reporter

There was only smoke left to deal with when 14 firefighters showed up to a house on Mountain Street where a kitchen fire had broken out on Aug. 24.

The fire happened at 616 Mountain St., just after 6 p.m., according to Dysart fire chief Miles Maughan.

The incident was caused by a pot of grease that caught fire while on a stove, according

to the fire chief.

When firefighters arrived on the scene the fire was out.

“The fire department used a fan to ventilate the smoke that filled the area,” Maughan wrote to the paper.

There were no injuries from the fire, only “hurt feelings,” said Maughan.

Estimated damages from the fire are about \$10,000, mostly from smoke damage.

The fire department reminds everyone to not leave cooking unattended and to keep lids close at hand.

## \$1,000 fine for abandoning camping trailer

An Ontario resident who abandoned his camping trailer on Crown land has been fined \$1,000.

David Logan of Wilberforce pleaded guilty under the Public Lands Act for depositing material on Crown land.

The court heard that in October 2011, while returning home from moose hunting, Logan's camping trailer had mechanical difficulties. He eventually abandoned the trailer on Crown land beside the West Eels Lake Road, south of the town of Caradiff.

During the investigation, conservation officers determined that Logan had made no effort to retrieve the camper. He did remove it prior to the court date.

Justice of the Peace, Diane L. Jackson, heard the case in the Ontario Court of Justice, Minden, on Aug. 20, 2013.

To report a natural resources violation, call 1-877-TIPS-MNR (847-7667) toll-free any time or contact your local ministry officer during regular business hours. You can also call Crime Stoppers anonymously at 1-800-222-TIPS (8477).

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Wollaston Municipal Building  
(613) 337-5707

# Forest ultra race hits 20th anniversary

**Darren Lum**  
Staff reporter

Rugged, tough and beautiful – these three words regularly spring to mind when describing the Haliburton Forest Trail Run starting Sept. 7.

Entering its 20<sup>th</sup> year, this Highlands event is a major draw for ultramarathoners and trail runners throughout the country.

A five-time ultramarathon competitor of the Trail Run, David Carroll, who is a Kennisis Lake cottager, loves running the event for everything it offers.

"The course is jaw-dropping beautiful, but the race isn't for the faint of heart. Running through a forest at night is kinda like running through a Grimm's fairy tale. There's magic all around, but there's danger too. And there's no guarantee of a happy ending," he wrote in an email. Ultramarathon is a running event greater than the marathon distance of 42.2 kilometres. Many of the ultramarathoners will complete the 100-mile race that will take close to 20 continuous hours.

Carroll adds it has the best volunteers and the best aid stations of any race he has run in eight years of competitive running.

"The ladies at the 75-mile turnaround serve lasagna and chicken noodle soup until the final runner goes past at around 3 a.m. I love them! They're also good at motivating cranky runners and dealing with all manner of body breakdowns," he said.

Some ultramarathoners such as Oliver Fischer, who lives just 10 minutes from the course, considers it the toughest of them all.

Fischer said the race is aggressive and remote and offers a "complete experience."



David Carroll, a five-time competitor, loves the Haliburton Forest Trail Run. He considers it the toughest and was forced to quit last year due to the extreme conditions and hypothermia. Submitted by David Carroll

"It is the only true trail race," he said.

Besides the 100-mile signature event, the event also offers distances of 12 kilometres, 26 kilometres, 50 kilometres and the 50 miles. New to the event is a four-person relay over 100 miles when each leg of the relay runs 25 miles.

Organizer for all 20 years, Helen Malmberg said she started the race after running her first ultramarathon in 1992. It was



David Carroll's shoes were caked with mud following last year's Haliburton Forest Trail Run. Carroll loves the run for its challenge, beauty and its amazing volunteers. Submitted by David Carroll

her way to give back to the sport.

With permission from Haliburton Forest and Wild Life Reserve owner Peter Schleifenbaum, the event started with just a 50-kilometre and 50-mile race, followed a couple years later with the first 100-mile race in Canada, she said.

There are 300 registered runners for this year's event with the five race distances, including 60 100-mile racers, who have 30 hours to complete the out-and-back course or will be ruled a DNF (did not finish). Malmberg points out there are as many volunteers as there are competitors.

She appreciates her team of Don Kenzko, director of trails, Cory Bennett, director of medical, and Fischer, director of marketing, and local sponsors such as Haliburton Home Hardware, Todd's Independent, Haliburton Forest, Water Depot and Algonquin Outfitters.

This race is part of several race series such as the Ontario Ultra Series and the 100 mile is a qualifier for the Ontario Ultra Series SLAM. For more information see [www.haliburtonforest100.org](http://www.haliburtonforest100.org).



Burdock Lake \$105,000

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Boshkung Lake \$644,900

- Year round home/cottage
- 4 Bedrooms, 3 Baths, Fin. WO Bsmt
- Sand Shoreline, South Exposure



Gooderham Lake \$429,000

- West Exposure! Sand Shoreline, Year Rnd Access
- 4 Season Cottage Built (2010) - 4 BDRM 2 Bath
- Full Walkout Basement

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**Karen Nimigon**



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Cell: 705-457-6505

[Karen@century21granite.com](mailto:Karen@century21granite.com)



Little Kennisis Lake \$329,000

- Winterized Turn Key cottage
- 3 Bedrooms 3 Pc Bath, many upgrades
- Multi-tiered deck, new dock system



Wenona Lake \$89,000

- 2 Bedroom cottage on private lot
- Drilled Well, Storage Sheds
- Deeded lakefront w/Sand Shoreline
- Multi-tiered deck stairway to new dock system



**COUNTRY HOME \$249,000**

- 3 Bedroom Home + 2 Bdrm Rental Apt.
- 2 Bay Garage + Workshop
- Close To Golf Course, Lakes & Shopping



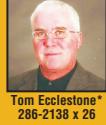
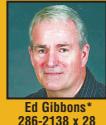
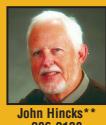
**Eagle Lake \$164,900**

- 2 Storey - 3 Bdrm, 2 Bath home
- Upgraded electrical, heating system, plumbing, windows, roof
- Some finishing required.



**Kushog Lake Area \$33,000**

- 2+ acre building lot, Walk to public access - Kushog Lake
- Hydro@road, nicely treed, lots of wildlife

Drew Bishop\*\*  
457-2128 x 23Dagmar Boettcher\*\*  
489-9968Janice Brookes\*  
457-2128 x 22Gloria Carnochan\* & Cindy Muenzel\*  
754-1932Mark Dennys\*  
457-2128 x 30Tom Ecclestone\*  
286-2138 x 26Lee Gauthier\*\*  
489-9968Ed Gibbons\*  
286-2138 x 28John Hincks\*\*  
286-2138Andrew Hodgson\*\*\*  
286-2138 x 29Susanne James\* & Andy Mosher\*\*  
457-2128 x 33Valerie Kulla\*  
286-2138Denise LeBlanc\*  
286-2138 x 23

Fantastic Stormy Lake! \$299,900

- Spectacular View of Stormy Lake
- 4 Bdrm cottage at the water's edge
- Great rental potential
- All your wants; private, flat, south & sand.

Drew Bishop 457-2128 x 23



Little Hawk Lake \$515,000

- 224 feet of deep water north facing shoreline
- Custom 1400 sq ft w/ 2 large windows
- 45' deck, 2nd floor bathroom
- Both winterized except for winter water

SOLD  
Dagmar Boettcher 489-9968

Long Lake - A Must See! \$549,000

- Privacy, Views, 160 Ft., 1.42 acres
- Mexican Flare, deep water off dock
- Turn key, hot tub, 2 lake chain
- Yr. Round, Winterized, Wow Factor!

Janice Brookes 457-2128 x 22



Opportunity on Little Kennisis \$259,000

- 118 ft shore, South exp, tiered lot
- 2 bdrm A-frame cottage, 3 season
- Starter cottage, build dream one later
- Block foundation, good storage

Gloria Carnochan &amp; Cindy Muenzel 754-1932



In Town Privacy \$359,000

- Beautiful treed lot, 1 acre;
- 2600 Sq Ft, 3 bdrms, 2.5 bath stick home;
- Central air, large sunroom;
- Main fl. laundry, open concept, fireplace.

SOLD  
Mark Dennys 457-2128 x 30

Affordable Opportunity on Gull Lake

- 3.5 acres of privacy with incredible views
- Ideal retirement setup with Gull Lake Access
- Two bedroom home, post and beam features
- Call for details

Tom Ecclestone 286-2138 x 26



12 Mile Lake \$275,000

- 99 ft flat lot with very small road between you and lake
- 3600L septic suitable for rebuilding cottage or home
- 3 bedroom cute cottage with sand and rock shoreline
- New deck and dock at water plus swim raft

Lee Gauthier 489-9968



Beautiful Boshkung Lake \$799,000

- Waterfront home with breathtaking views
- 245 ft of family friendly sand beach
- 5 cottages included - income potential
- Easy access; high speed available

Ed Gibbons 286-2138 x 28



Kashagawigamog Lake \$499,000

- 3 BR winterized cottage w/interior pine trim & cathedral ceiling
- Deep water, sand beach & miles of boating on 5 lake chain.
- Nearly level lot w/good privacy. 2 BR Bunkie plus storage.
- Maple kitchen with island and granite countertops.

John Hincks 286-2138



Large Minden Home \$189,000

- 4 Bedroom, 3 bathrooms
- Large basement with own entrance
- Ideal location – walk to everything!
- Great Opportunity! Don't miss out!

Andrew Hodgson 286-2138 x 29



Long Lake \$279,900

- Nicely-kept 3BR cottage on 2-Lake chain
- Bunkie with loft at waterfront
- Nice clean shoreline, sunset exposure
- Easy year-round Municipal road access

Susanne James &amp; Andy Mosher 457-2128 x 33



Little Hawk Lake \$265,000

- Rare opportunity to own on pristine Little Hawk Lake
- 3 bedroom cottage with boathouse & tiered decking
- South easterly exposure with big lake view
- Includes furniture, inboard/outboard & sauna

Valerie Kulla 286-2138



Haliburton Commercial \$269,900

- Wonderful downtown location
- Currently used as a triplex
- Commercially zoned for future
- Private parking

Denise LeBlanc 286-2138 x 23



Davis Lake \$329,000

- 3 bedroom, 4 season cottage.
- Bunkie + garage
- Level lot, sand beach, dock.
- Big lake view

David Lee 286-2138 x 27



Country Retreat \$399,000

- Between Minden and Haliburton on Lochlin Rd.
- 4.6 acres, towering hardwood and coniferous trees.
- 4 bedroom executive bungalow loaded with extras
- Totally private setting with wildlife and spring fed pond.

Gary Moffatt 457-2128 x 36



Family Home \$189,000

- 3 bdr home on level lot
- 2 car garage
- Full partial finished basement
- Great location

Erin Nicholls 457-2128 x 34



Little Kennisis Lake \$329,000

- Crystal Blue Water - Deep Shoreline - South Exposure and...
- Meticulously maintained 4 Season Cottage
- 3 Bedrooms, Metal roof, New Windows, Multi-tiered deck
- Amazing value on a 2-Lake Chain

Karen Nimigon 457-2128 x 29



Stormy Lake \$448,000

- 3 bdrm. 2300 sq. ft. Rural Retreat on level lot
- 1 acre of superb privacy, with easy yr. md. access
- 165 ft. panoramic & picturesque south-west view
- Hardwood floors, sunroom, lg. lakeside decks

Dawn Poissant 457-2128 x 31



Miles of Boating! \$349,000

- ONE MINUTE Boat Ride to Boshkung Lake
- Huge Loft Style Master 20 x 25
- Gorgeous Eat-in Kitchen
- Double Detached Garage for ALL the Toys

Margie Prestwich 457-2128 x 37



Kushog Lake \$264,900

- Cute and cozy, 3 season cottage; spectacular Bunkie
- Great lot; West exp; sand frontage; deep water off dock
- Expansive decking & docking to enjoy the lakefront
- Close to the GTA, great lake

Greg Stamp 457-2128 x 28



West Lake Building Lots

- 356 ft frontage at \$239,900.
- 253 ft frontage at \$244,500
- Paved township road, driveways installed
- Great building sites, awesome lots

Kim Stamp 457-2128 x 24



Haliburton Lake \$359,900

- 3-bedroom fully winterized log cabin
- Big lake view, lots of water off dock;
- Level lot, many upgrades;
- Great bargain! A must see!

Elizabeth Thompson 457-2128 x 52



Gull Lake \$499,000

- Year Round 3 Bedroom Log Cabin
- Spacious, Detached Garage
- Sunroom, Full walk-out Basement

Wilfred VanLieshout 457-2128 x 27



Log Home on 12.5 Acres \$279,000

- 3 Bedrooms/2 Baths
- Stunning Cathedral Ceilings
- Full walk-out Basement
- End of Road Privacy, Abuts Snowdon Park

Melanie Vigrass 286-2138 x 32



Halls Lake Beauty \$699,000

- Classic charm with modern upgrades
- Incredible 249' of sandy beach waterfront
- Boathouse and gazebo at waterfront
- 3 bedrooms, 2 baths, stone fireplace

Tom Wilkinson 286-2138 x 25



Fox Lake \$95,000 &amp; \$99,000

- Large, private lots on a small, quiet lake
- Clean, sand and gravel shoreline
- South exposure
- Close to year-round access

Andrea Wilson 457-2128 x 25



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286-2138 x 27Gary Moffatt\*  
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457-2128 x 29Dawn Poissant\*  
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457-2128 x 37Greg Stamp\*  
457-2128 x 28Kim Stamp\*\*  
457-2128 x 24Elizabeth Thompson\*  
457-2128 x 52Wilfred VanLieshout\*\*  
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286-2138 x 32Tom Wilkinson\*\*  
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\*sales representative; \*\*broker; \*\*\*broker of record/owner. Each office is independently owned and operated. ® and TM Registered Trademarks of Century 21 Real Estate Corporations used under license. ®

# Advertise in the 2013 Fall Tour Supplement

The 2013 Fall Tour will be included in The Haliburton Echo and The Minden Times plus FREE distribution across the county for a total of 10,000 copies.

Published by October 1 and 2, 2013.

**Included in this special supplement:**

Award Winning Editorial  
Studio Tour Map  
Special Features



**Ad and Copy Deadline: Wednesday, Sept. 18, 2013**

**For more information call:**

Laura Smith - [laura.smith@sunmedia.ca](mailto:laura.smith@sunmedia.ca) or 705-457-1037 ext. 32  
Jennifer Little - [jennifer.little@sunmedia.ca](mailto:jennifer.little@sunmedia.ca) or 705-457-1037 ext. 42  
Cassie Thorn - [cassie.thorn@sunmedia.ca](mailto:cassie.thorn@sunmedia.ca) or 705-286-1288

## Wildlife in your backyard

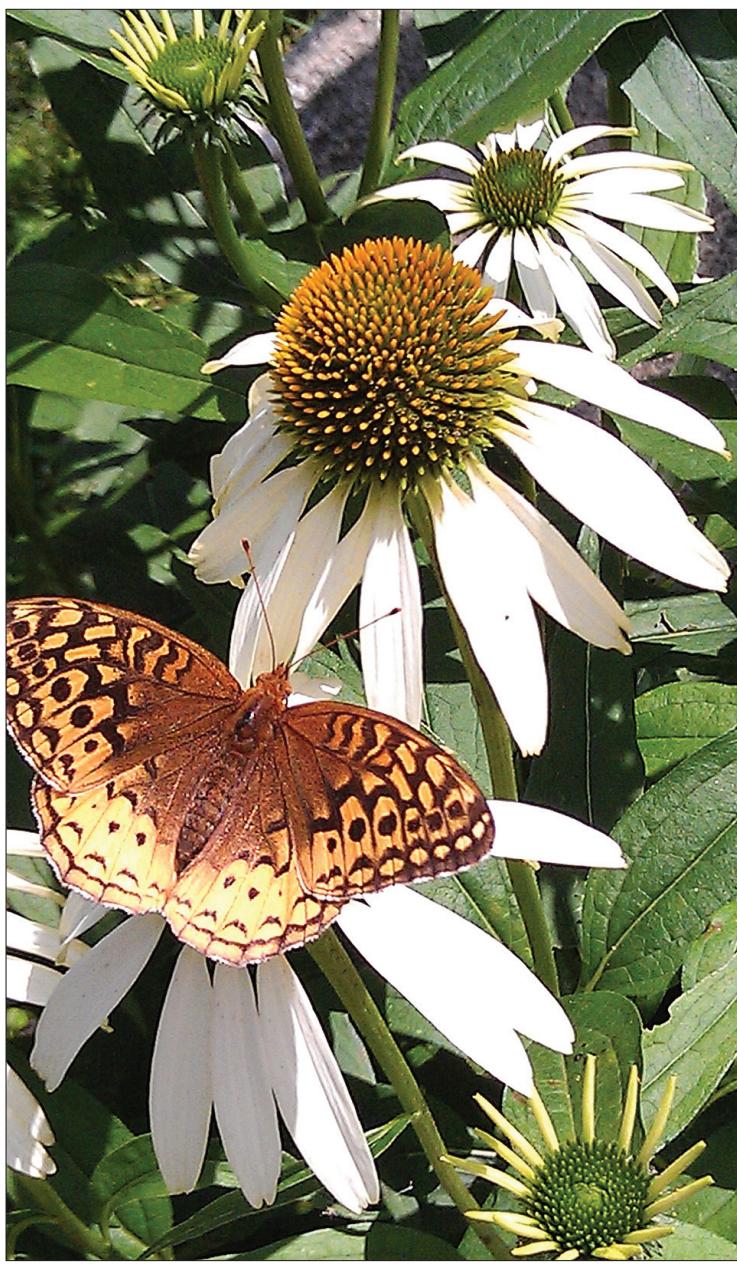
Have a great nature shot? Send it to [jenn.watt@sunmedia.ca](mailto:jenn.watt@sunmedia.ca). The bigger the file size the bigger we can print it.



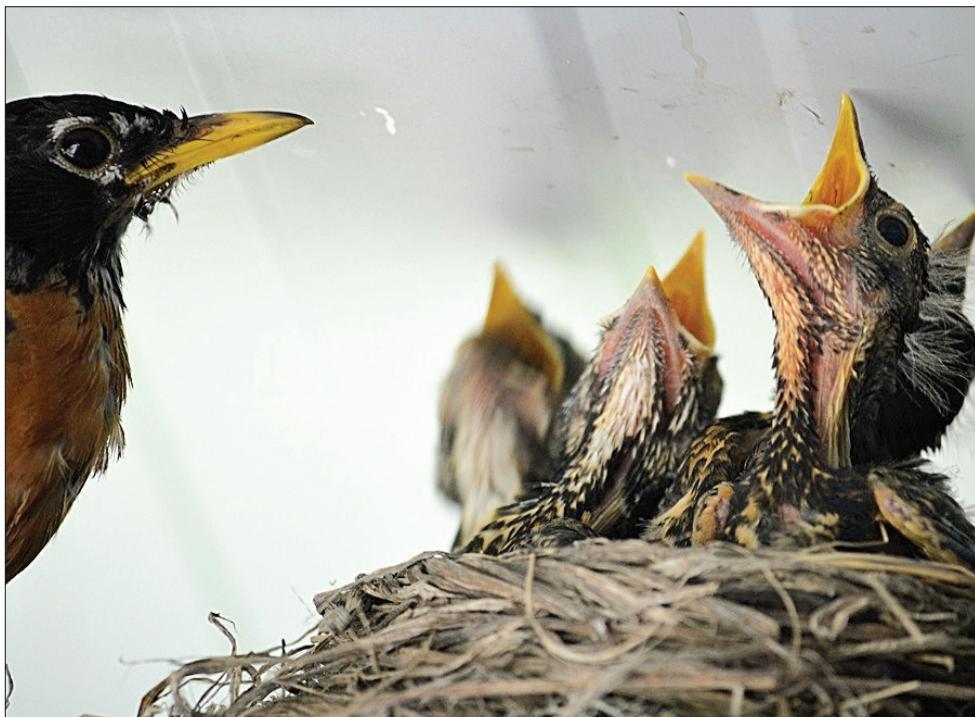
Thomas Hoar got this photo of a flying squirrel at his cottage on the Irondale River, near Gooderham in late August.



Dave Allen sent in this photo of "mom and the kids" back on Sunnyside Street in Haliburton.



Great spangled fritillary seen at Canning Lake and sent in by Catherine Dennis.



"A robin made her nest tucked into the inside corner of our garage roof. Four chicks emerged. We observed the hard work of the mother keeping them fed for many days; alas, a squirrel stole them all, to the great grief of the mother," writes Brenda Peddigrew of Algonquin Highlands.



Janet Wilson sent in this photo of her son Benjamin, who has autism. He was up visiting his grandparents Ian and Kim Wilson in West Guilford, where he caught his very first fish off their dock using a simple children's fishing rod. "He was so excited and so proud," Janet writes. "Grampa bought him a bigger fishing rod the next day."



### ST. ANTHONY OF PADUA MISSION Roman Catholic Community FALL AND WINTER MASS SCHEDULE

*Commencing September 14, 2013*

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# Reads of the month



## Book of the Month

*Me Before You* by Jojo Moyes

Content to never push herself beyond the boundaries of the sleepy tourist town where she was born, 26-year-old Louisa Clark's life is turned on its head when she loses her job as a waitress, and out of necessity must take a position as an adult caregiver. Expecting her charge to be an elderly and incapacitated individual, she is stunned to instead find herself working for Will Traynor, a brilliant 35-year-old man, who lost the use of his limbs in a motorcycle accident two years prior.

Every day Will is only reminded of what he has lost, and his life is filled to capacity with pain, longing and absence.

These two individuals who never should have met form a bond that will change both in ways neither could have imagined. Poignant, romantic, heart-breaking and honest, *Me Before You* is available to reserve from the Haliburton County Public Library.

## Junior Book of the Month: Young Adult Selection

*Rose Under Fire* by Elizabeth Wein

Though a companion novel to the critically-acclaimed and best-selling *Code Name Verity*, Elizabeth Wein's *Rose Under Fire* stands on its own with an incandescent honesty.

Beginning in 1944, it introduces readers to Rose Justice, an American ATA pilot who is captured while flying an Allied fighter plane from Paris to England and sent to the women's concentration camp Ravensbrück.

Trapped in unthinkable circumstances, Rose is able to find hope through the loyalty, bravery, and friendship of her fellow prisoners, a group of girls who have been labelled rabbits because of the horrific experiments they have been subjected to. Impeccably researched, gorgeously ren-

dered, and utterly unforgettable *Rose Under Fire* is available to reserve from the Haliburton County Public Library today.

## Local Celebrity Read

Noelia Marziali is the newest addition to our library team and is working as an assistant at the Dysart branch. She recommends *Flight Behavior* by Barbara Kingsolver. A fan of all of Kingsolver's work, Noelia decided to try *Flight Behavior* in talking book form. "What's neat is that the author herself is the narrator," reports Noelia, "her accents might need a little work ... but she's pretty charming."

*Flight Behavior* brings readers into the world of Dellarobia Turnbow, a discontent farmwife who discovers an unusual fire in a forested valley behind her house. This strange fire causes a stir in the scientific and local communities and leads Dellarobia to confront and question everything she thought she believed in.

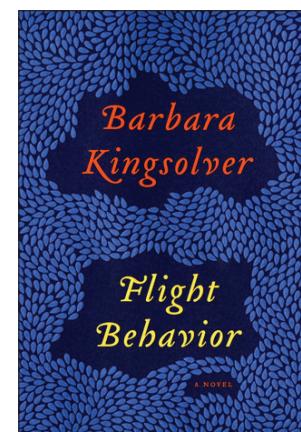
"I especially enjoyed connecting with the main character. She is such a fully realized character, totally believable in all her flaws, strengths and quirks. You will find

yourself or someone you know in her," Noelia says.

She also loved Kingsolver's poetic descriptions of ecological systems, stating that "she manages to deliver a very human take on subjects ranging from climate change to racial and social stereotypes."

Concluding, Noelia states "I would recommend this book to anyone interested in animal behaviour/migration, environment issues and female empowerment. Kingsolver writes with charm, solid scientific knowledge and a dash of humour."

*Flight Behavior* can be reserved from the Haliburton County Public Library in regular, large print, and talking book formats.



## Professional Services



## Need a healthy change?

Do you have a chronic condition like arthritis, diabetes, heart disease, lung disease, chronic pain or depression - or do you care for someone who does?

Would you like to feel better so you can do more of the things you love to do?



**FREE six-week workshop**  
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**Chronic Pain**  
Lloyd Watson Community Centre  
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**Wednesdays**  
Oct 2–Nov 6, 2013  
9:00 a.m. - 11:30 a.m.

To register or for more information call 1-866-971-5545  
or go to [www.healthylifeworkshop.ca](http://www.healthylifeworkshop.ca)

**Diabetes**  
Curve Lake Health Centre  
38 Whetung Street East Curve Lake

**Thursdays**  
Sept 19-Oct 24, 2013  
9:30 a.m. - 12:00 noon



## Coming Events



## THE 2013 TERRY FOX RUN TO SUPPORT CANCER RESEARCH

**Sunday September 15, 2013 - Noon until 3:00pm**

**Start at the Town Dock in Haliburton Village**

**Complete 1 or 2 laps of Head Lake - Walk, Run or Cycle**

### HOW YOU CAN HELP SUPPORT THE TERRY FOX FOUNDATION:

- Participate in the run and encourage family and friends to do as well.
- Collect pledges. Go online to [terryfox.org](http://terryfox.org) to download a pledge sheet or to make a donation yourself. Or Call 1-888-836-9786.
- Contact Walter Tose at [wtose@sympatico.ca](mailto:wtose@sympatico.ca) or **705-457-4514** to get more information.
- Text "terryfox" to **45678** to donate \$5. Follow us on Facebook & Twitter.

*Over \$600 million raised for cancer research since the first run in 1980.*

# Learn how to prepare for weird weather

## West Guilford

Eleanor Cooper

754-2278

On Sept. 4 a special weather presentation will be given at the centre at 6 p.m., with speaker Connie Barlow: Weather and how it affects and relates to climate change. Conversation around how to prepare for the weird weather will take place. Video

see CAN-FIT page 23

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## Professional Services



### SATURDAY WALKIN CLINICS

**WHERE:** Haliburton Family Medical Centre  
7217 Gelert Road - beside  
Haliburton Hospital

**WHEN:** Saturdays - Sept. 7<sup>th</sup> to October 12<sup>th</sup>

**TIME:** 10 a.m. to 1 p.m.



### ATTENTION!

**FORMER PATIENTS OF DR. BEN WU**  
If you are still in need of a Family Physician,  
please go to the  
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## Delivering some good

Sandee Bishop and Tom Pendlebury are all ready to package up boxes of food goods for delivery. At the MACA (Miskwabi Area Community Association) annual Wine and Cheese on Saturday, Aug. 24, attendees were encouraged to bring along a donation for the food bank. The goods along with a cheque for \$87 will be delivered to the Haliburton food bank. MACA encourages other cottage associations to help the Haliburton community with similar support. Submitted by Phyllis McCulloch



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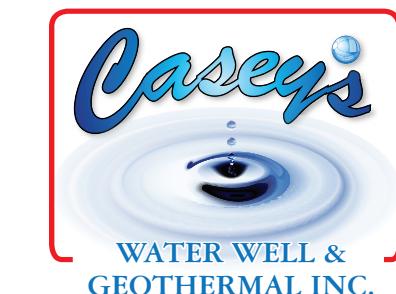
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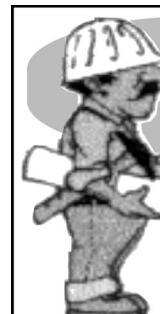
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**Home & Cottage Services**

# Can-Fit exercise program starts mid September

from page 21

clips of international scientists will be shown as well. Call 705-754-2427 for details from Carol Kilby. A correction or two: the

exercise program mentioned last week begins at 5 p.m. at St. George's, not 10! Ten minutes is allowed for prep. of same. Also, it was the Andy Cooper family who accompanied us to the Corner Cafe, not just Andy. Birthday parties for the children, Sharai

and Logan were held during the time they were here, just not on the exact dates. The euchre results for Aug. 27: High - Alice Jones and Brandon van Nood. Low - Myra Marshall and Ed Muenzel. Most Lone Hands - Ruth Hunt and Bill Marshall.

## Home & Cottage Services



jason parish

don woudstra

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# Backpack program continues to grow

**Angelica Blenich**  
Staff reporter

The seventh annual Backpacks for Kids program will be bringing smiles to the faces of 80 children this September.

An initiative of Bell Aliant, the program is handing out 80 school bags to children, filled with notebooks, pencils and other supplies.

The bags are being donated by Bell, while the supplies were bought with donations

from Haliburton County firefighters, Bancroft OPP, Fleming College and Point in Time.

Beginning in 2007, the program gave out 18 backpacks in its first year, with the numbers steadily increasing.

Since the program's inception, the bags have been filled with items at a discounted price by Rhonda Cooper, owner of Needful Things in Haliburton Village.

The bags are delivered to children by Point in Time Centre for Children, Youth and Parents.

## Notices/Career & Business Opportunities



### Municipality of Dysart et al

135 Maple Avenue,

P.O. Box 389,

Haliburton, ON. K0M 1S0

Telephone: 705.457.1740 Fax: 705.457.1964

Email: [info@dysartetal.ca](mailto:info@dysartetal.ca) Website: [www.dysartetal.ca](http://www.dysartetal.ca)

### NOTICE OF COMPLETE APPLICATION AND NOTICE OF PUBLIC MEETING PROPOSED ZONING BY-LAW AMENDMENT MUNICIPALITY OF DYSART ET AL

- **DATE:** Monday October 7th, 2013
- **TIME:** 5:00 pm
- **LOCATION:** Council Chambers in the Municipal Office  
135 Maple Ave., Haliburton, Ontario

#### APPLICATIONS:

1. Lands of H.M. Dignam Corporation Inc.:
  - Purpose and Effect: the proposed by-law will change the zone on the subject lands to recognize the proposed rural residential use and implement a 30 metre front lot line setback.
    - Zone change from "RU1" to "RR-10".
  - This is a condition of application for consent H-024/13.
  - Location: Part Lot 2, Concession 9, Township of Dudley (Indian Point Road).
2. Lands of MacNab:
  - Purpose and Effect: the proposed by-law will change the zone on the subject lands to permit the installation of a garden suite and to permit 3 accessory buildings.
    - Zone change from "R1" to "R1-xx".
    - This is a temporary zoning by-law, which will be in effect for a maximum term of 20 years or until the occupant no longer requires use of the garden suite, should this occur first.
  - Location: Part Lot 15, Concession 7, Township of Dysart (Mountain Street).

**IF A PERSON OR PUBLIC BODY** does not make oral submissions at a public meeting or make written submissions to the Municipality of Dysart et al before the proposed zoning by-law is passed, the person or public body is not entitled to appeal the decision of the Municipality of Dysart et al to the Ontario Municipal Board.

**IF A PERSON OR PUBLIC BODY** does not make oral submissions at a public meeting or make written submissions to the Municipality of Dysart et al before the proposed zoning by-law is passed, the person or public body may not be added as a party to the hearing of an appeal before the Ontario Municipal Board unless, in the opinion of the Board, there are reasonable grounds to do so.

**FURTHER INFORMATION:** including the draft by-law is available from the Planning Department at the Municipality Office during regular office hours (8:30 am to 4:30 pm, Monday to Friday) or by phoning 705-457-1740.

Dated at the Township of Dysart, this 3rd day of September, 2013.

Patricia Martin, B.E.S., MCIP, RPP  
Director of Planning and Development



**Angelica Blenich** Staff

The annual Backpacks for Kids program gave out 80 backpacks this year to children throughout Haliburton County. An initiative of Bell Aliant, the backpacks were filled with school supplies thanks to donations from Bell, Haliburton County firefighters, Bancroft OPP, Fleming College, Point in Time and Needful Things. From left, members of the Stanhope Firefighters Association Robert Sargent, Riley Sloan and Tony Aymong, Dan Bajorek of Point in Time, Jim Winn and Liz Boxall of Bell Aliant.



**HALIBURTON FAMILY MEDICAL CENTRE**  
Box 870, Haliburton, Ontario K0M 1S0  
TEL: (705) 457-1212

### Office Administrator (1.0 FTE)

The Haliburton Family Medical Centre is looking for an innovative and energetic office administrator with demonstrated management skills to implement and administer the daily operations of the clinic.

The Office Administrator will liaise with physicians, office staff, patients and other third parties to maintain general cohesiveness in the operations of the Clinic.

The HFMC is composed of two clinical sites and is made up of 12 family physicians, their office staff and a growing number of Family Health Team professionals and visiting specialists.

This important role requires an individual with a motivational leadership style who is well organized, goal oriented and thrives in a challenging environment. You must excel at managing people in a team environment. This position requires excellent communication skills, solid computer skills, finance and human resources.

#### The Ideal Candidate will have:

- Master's degree in Health Administration or a related field, plus five years administrative experience  
OR
- Bachelor's degree in Business Administration or a Health Related field, plus five years relevant management experience. .
- Strong financial and human resource management skills essential.
- Experience working in a Blended Capitation Model and knowledge of Ministry funding.

#### Contact Information

- Please forward cover letter and resume by September 16, 2013 @ 5:00 pm to [hfmc@candlelight.ca](mailto:hfmc@candlelight.ca)

Please note only individuals selected for an interview will be contacted.

# Members urged to attend general meeting

## Legion br. 129

Haliburton Legion



Wednesdays:  
 Bid Euchre 1 p.m. start  
 Bingo Doors open at 6 p.m., bingo starts at 7 p.m. - \$500 jackpot last Wednesday of the month.

Thursdays:  
 General Meeting Second Thursday of the month start-



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### Employment Opportunity: Centre Coordinator – Haliburton

#### Key Requirements:

- Post-secondary education
- 3 to 5 years related experience
- Knowledge of and experience working with local community organizations
- Excellent public speaking and presentation skills
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- Familiarity with e-learning, distance education, literacy and the Ontario post-secondary sector
- Proficiency in MS Office including Word, Excel, PowerPoint and Outlook

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ing at 7:30 p.m. all members urged to attend  
 Ladies' Auxiliary Last Thursday of the month at 1 p.m.

Fridays:

Meat Draw Five draws, five prizes each draw, first draw at 4:30 p.m., last draw at 6:30 p.m., tickets are \$2 per draw, Chester Howse, MC.

Saturdays:

50/50 Draw 4 p.m. draw, tickets are \$1 each from noon on

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One Bulk Delivery Driver required at the Bancroft branch. Qualified applicant will be responsible individuals with a professional attitude. Sparling's offers excellent equipment and an attractive salary and benefit package.

#### REQUIREMENTS:

- Valid DZ drivers license
- Minimum 5 yrs driving experience
- Clean drivers abstract
- Provide current abstract

#### PROPANE TRAINING WILL BE PROVIDED

Regular duties to include delivery of Propane to residential and commercial accounts in the Bancroft and surrounding area throughout the fall and winter months.

Apply to: **Mike Campbell, Regional Manager**  
 Drop off resume or e-mail to: [mdc@sparlings.com](mailto:mdc@sparlings.com)

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### SALES REPRESENTATIVE

Reporting to the Regional Sales Manager, the Sales Representative will be responsible for acquiring and maintaining new accounts as well as retaining existing accounts.

#### REQUIREMENTS:

- At least two years of sales experience is preferred
- A proven record of sales success including generating leads and closing the sale is an asset

Solid time management skills and the ability to self-manage  
 Excellent interpersonal and communication skills, both oral and written  
 Previous experience with residential HVAC equipment

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Residential Sales will require some evening and weekend work

#### PROPANE TRAINING WILL BE PROVIDED

Duties will include a wide range of tasks which relate to the service side of the Propane Industry. Sparling's will provide specific training.

Apply to: **Mike Campbell, Regional Manager**

Drop off resume or e-mail to: [mdc@sparlings.com](mailto:mdc@sparlings.com)

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## Career & Business Opportunities

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#### REQUIREMENTS:

- Minimum G2 Gas License
- Must have 5 years experience
- A clean driving record

#### VALUABLE, BUT NOT REQUIRED:

- Residential A/C License
- Electrical/Plumbing Experience
- Sheet Metal License

Duties will include a wide range of tasks which relate to the service side of the Propane Industry. Sparling's will provide specific training.

Apply to: **Mike Campbell, Regional Manager**  
 Drop off resume or e-mail to: [mdc@sparlings.com](mailto:mdc@sparlings.com)

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**SIR SAM'S INN**  
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This is a part-time seasonal position.

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- Some experience in Food and Beverage/Hospitality
- Front Desk and/or Customer Service
- Smart Serve Certificate

Candidate will have the skills to:

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\*Must be able to handle situations with tact & diplomacy

- \*Must have excellent organizational and communication skills

\*Must have a willingness to work flexible hours

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## Seventeenth Annual General Meeting of the Haliburton Highlands Health Services Foundation

**Monday September 16, 2013 – 10 am**

Board Room, HHHS Haliburton Facility  
Haliburton, Ontario

### *Purpose of the Annual General Meeting:*

- \* To receive the report of the Board of Directors
- \* To receive the report of the Auditors & Financial Statements
- \* The appointment of the Auditors
- \* To conduct the election of the Directors
- \* Any other business as may properly come before the meeting.

For further information contact the HHHS Foundation at  
**705-457-1580, 705-286-1580 or [foundation@hhhs.on.ca](mailto:foundation@hhhs.on.ca)**



*Members, guests, and friends of  
Community Living Haliburton County*

*are invited to join us for our  
annual reporting of operations, finances, and highlights  
for the operating year 2012-13 at our*

### **Annual General Meeting**

**Thursday, September 12th, 7:00 pm.  
at the Minden Lions Club**

**166 Bobcaygeon Rd.**

Enjoy the opportunity to meet new people and renew old friendships.

Light refreshments will be served following the meeting. Remember to renew your membership to ensure your voting privileges.

New members are welcome.

For more information regarding the meeting,  
Community Living Haliburton County,  
or volunteering please call

**705-457-2626**

# Come listen to great music



## Legion br. 624

Jan Simon PRO  
Wilberforce Legion

Weekly - Sept. 2 to 8

Monday	Bid Euchre	7 p.m.
Tuesday	Executive Meeting	7 p.m.
Wednesday	Fun Darts	7:30 p.m.
Friday	Pool Ham and scalloped dinner 5 to 7 p.m. Jam Session 7 p.m.	1:30 p.m. Come to play or listen to great music.
Saturday	Meat Draw Karaoke	2 to 5 p.m. 9 p.m.
Sunday	L.A. Breakfast	9 a.m. to 12 p.m.

## community calendar

*Your event for free on the web. Go to: [www.mindentimes.ca](http://www.mindentimes.ca) or Community Calendar link at: [www.haliburtonecho.ca](http://www.haliburtonecho.ca) Or email: [cassie.thorn@sunmedia.ca](mailto:cassie.thorn@sunmedia.ca)*

**TOASTMASTERS GROUP** meeting at 7:00 p.m. to 9:00 p.m. at the United Church in Minden, 21 Newcastle Street. First meeting is SEPTEMBER 4. Improve your speaking skills. All are welcome to try out a meeting.

**Wednesday, September 4, 5:30 pm – 8:30 pm.** at West Guilford Community Centre, 1061 Kennisis Lake Rd. Connie Barlow, author of popular science books (The Ghosts of Evolution) will discuss connection between melting sea ice, the jet stream and recent weather whiplash. Community conversation to follow. Fingerfoods Admission by Donation. Information - 705 754 2427

### **Tuesday, Sept 3, 7 pm at the Community Centre**

The Minden & District Horticultural Society meeting our speaker will be Kaarina Blackie: Haliburton in Transition, Heritage Veggies & Sustainability. Refreshments of "Apple-icious" will be served. for more info call Cynthia at 705 488 2165  
All welcome

**Country Music Jamboree, Sunday Sept 8th at S.G Nesbitt Memorial Arena from 1pm -5pm.** Hosted by the "Country Hot Flashes and the Cold Shoulders" OPEN MIC and Old Fashioned Square Dancing, Showcase your talent and enjoy traditional Country Music. ADMISSION- \$7.00 (\$5.00) if you participate in Open Mic. Bring your whole family and stay for supper.

The Minden Lioness will provide a meal of Back bacon on a bun/salad/dessert for only \$6.00. Proceeds to the "Food for Kids". Next jamboree is October 06, 2013

**Sept. 7-8 - Harvest of Quilts Show & Sale presented by the Settlers' Village Quilters. 10 a.m. - 5 p.m.** Over 200 new and heritage quilted items will be showcased in the unique atmosphere of Settlers' Village, Bobcaygeon. Call 705 738-6163 or 705 657-1926 for info.

### **Haliburton Chapter. Shout Sister Choir starts on Sept 12.**

We do not audition and learn our music by ear. Our repertoire is fresh & fun. All levels of singers welcome. Practices Thursday evenings 7:00 p.m. to 9:00 p.m. Haliburton United Church, 10 George St. Haliburton. [www.shoutsisterchoir.ca](http://www.shoutsisterchoir.ca)

**Sept 14** - Haliburton Concert Series presents Duo Diorama - pianist Winston Choi and violinist MingHuan Xu - at 7:30 p.m. in the Northern Lights Performing Arts Pavilion in Haliburton village. Contact June Smith at 705-457-3272 or june.smith705@gmail.com to see if any tickets have become available. Adults \$30, students \$10. See our web site at [www.haliburtonconcerts.blogspot.com](http://www.haliburtonconcerts.blogspot.com).

**Sept. 28th – 5th Annual Fall Fundraiser for the Highlands Community Pregnancy Care Centre.** Starts at 7pm at the Haliburton United Church. A full evening of southern gospel music with the North Country Gospel Choir. Admission: A free will offering will be taken. For more information call 705-457-4673

Notices/Coming Events



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Houses for Rent

Coming Events



HEALTH FOODS -  
KNITTING & SPINNING

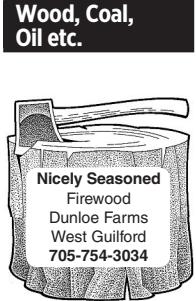
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Legal/Paralegal  
Services

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Miscellaneous

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Apartments

Apartments

Apartments

Miscellaneous

**FOR SALE**

In accordance with the provisions of  
the Personal Property Security Act, the  
Haliburton County Development Corporation  
hereby offers for sale by tender one **2000**  
**Snorkel Boom Model TB42**, with a 32" x 96"  
platform with 180 Degree Rotation and Ford 23  
Litre Dual Fuel Engine c/w 4 Wheel Drive.

Tenders will be accepted by the  
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P.O. Box 210, Haliburton, ON K0M 1S0,  
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Apartments

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**Lessons & Classes**

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Bogdanis at  
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OF STUFF  
HERE!**



Coming Events

Coming Events

Coming Events

Coming Events

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Bob McNaull 705-457-1872,  
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Anniversaries

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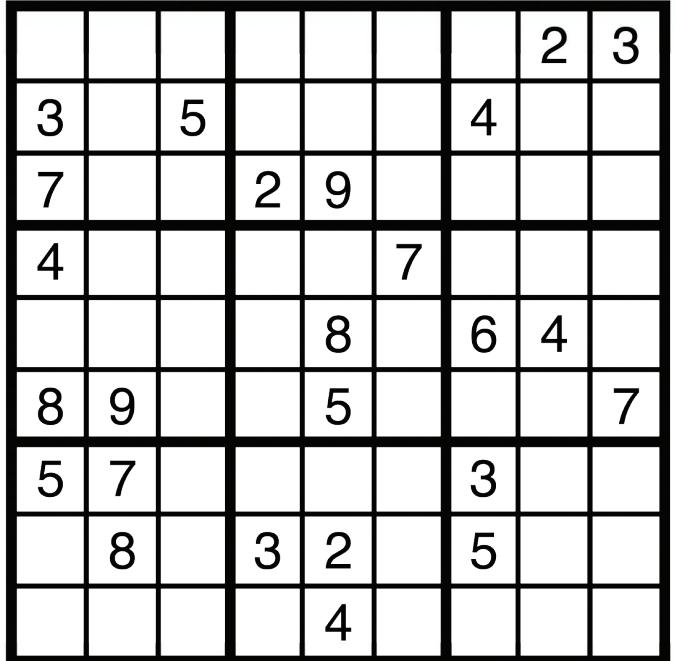
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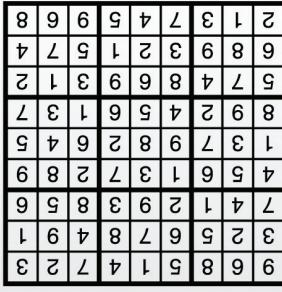
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# sudoku

PUZZLE NO. 419



ANSWER TO PUZZLE NO. 419

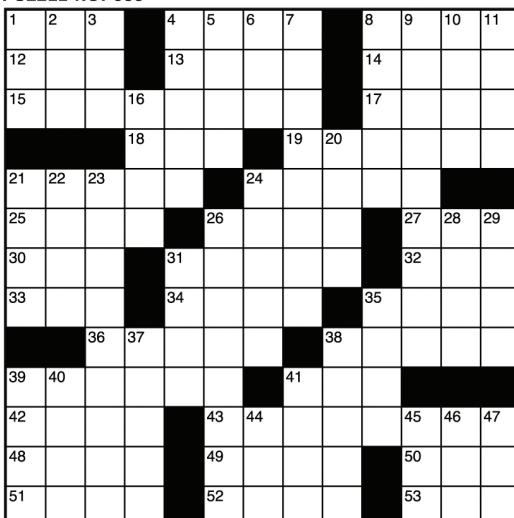
**HOW TO PLAY:**

Fill in the grid so that every row, every column, and every 3x3 box contains the numbers 1 through 9 only once.

Each 3x3 box is outlined with a darker line. You already have a few numbers to get you started. Remember: **You must not repeat the numbers 1 through 9 in the same line, column, or 3x3 box.**

# X CROSSWORD

PUZZLE NO. 683



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**ACROSS**

- 1. Colony insect
- 4. Side dish
- 8. Make watertight
- 12. Cow sound
- 13. Mexican food item
- 14. Mama's spouse
- 15. Manufacturer
- 17. Minerals
- 18. Squid's fluid
- 19. Reprimands
- 21. Fragrance
- 24. Fake
- 25. Long time periods
- 26. Face part
- 27. Baseball stick
- 30. Fellow
- 31. Run away to marry
- 32. Frozen block
- 33. Winter virus
- 34. Tubs
- 35. Slips up
- 36. Horned mammal, for short
- 38. Military-school student
- 39. Slowpokes
- 41. Lobster
- 42. Monarch
- 43. Sugar syrup
- 48. Foot unit
- 49. Fruit beverages
- 50. Astound
- 51. Summer shirts
- 52. In an orderly condition
- 53. Grass moisture

**DOWN**

- 1. European peak
- 2. Word with neither
- 3. "Tea for \_\_\_\_\_"

**ANSWER TO PUZZLE NO. 683**CROSSWORD PUZZLE ANSWERS  
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**DRAG LAKE**

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**GUILFORD LAKE**

Premium 5BR cottage or home with 3870 sf living space. 1.94 ac lot, 244' clean rugged shoreline. 2 stone fp's.

**\$899,000**



**KASHAGAWIGAMOG LAKE**

Quality built-nearly maintenance free! Private sloping lot w/elevated view. Easy path to 12ft. rocky/deep shoreline. Bright open concept, 3+2 BR, 4 baths. Propane FP. Sunrm. Geothermal heat.

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**MAGNIFICENT REDSTONE**

4 bedrm year round cottage. Full walkout basement. Stunning S/W facing lot with privacy.

**\$578,800**



**HALIBURTON LAKE**

Spectacular sand beach lot w/ lake view. 2BR/2BA, 1200sf, 200' frontage, 200' rear room that sleeps 12, double garage.

**\$575,000**



**POINT ON DRAG LAKE**

Unbelievable point lot w/ 180' front & south views. 28' x 100' lot w/ sauna, rock face with 10' waterfall. 2 story cottage with 3BR.

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**PERCY LAKE**

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Turn key cottage. 4 season, 3 bedroom. Clean sand shoreline.

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**IRONDALE RIVER RETREAT**

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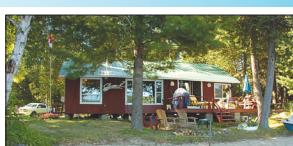
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**LOG HOME LIVING**

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**HALIBURTON LAKE**

Original 3BR cottage plus Bunkie on South Bay. Level lot & sand beach.

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**RIVERFRONT HOME/COTTAGE**

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**HALIBURTON LAKE**

Traditional 4BR cottage on water's edge. Superb view, sunsets with N/W exposure. Dry boathouse, large deck, great value! Year round road.

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**HOME ON 16 ACRES**

Well cared for 3BR home on 16 ac makes for a super hobby farm. Landscaped, gardens, Dbl det garage. Unique & appealing!

**\$254,350**



**LITTLE KENNISIS LAKE**

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**\$238,000**



**WENONA LAKE**

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**WIGAMOG ROAD HOME**

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**5 ACRE COUNTRY HOME**

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**\$239,900**



**IRONDALE RIVER**

Open concept cottage/home. Very scenic riverfront. Pretty gardens. 2BR chalet design. Huge deck overlooks river. Separate guest cabin. Swim & canoe for miles!

**\$189,900**



**MINUTES FROM MINDEN**

Unique & charming stackwood log home on 7.3 acres. Totally private. Spring fed pond, gardens. Artists paradise! Large Bunkie/workshop.

**\$177,700**



**STEPS TO MAPLE LAKE**

2 cottages on level lot just a minute away from sand beach. Two 2BR cottages. Keep one/rent one! Great retreat.

**\$168,800**



**SKI AREA CHALET**

Year round use home or cottage will suit many with 2+1BR. Walkout to yard. 2ac lot near skiing, store & beach.

**\$165,000**



**CLEMENT LAKE**

Cottage or home. Small quiet lake. 141 ft frtg, deep off the dock. 1.5 story. FP. Deck. Full fin w/o basement. Oversized garage.

**\$329,999**



**MONEY MAKER!**

Excellent Business Opportunity. Ready to walk in & work. Established clientele, equipment included.

**\$24,500**

**RE/MAX**  
North Country Realty Inc.  
Brokerage  
Independently Owned & Operated

## REAL ESTATE UPDATE

### ADD ON OR SELL

**QUESTION:** My home is getting too small for my family. We need extra bedrooms a larger kitchen and a bigger garage. Would it make more sense to put in all these improvements or sell as-is and buy another home that fits our present and future needs?

**ANSWER:** Get estimates from contractors (then, for safety's sake, increase the cost and time estimate by 50%). Don't forget to crank in the stress factor that goes with remodeling.

With this information in hand compare the value of your present home with that of homes for sale which are already in move-in condition and will meet your family's needs



SHOULD YOU REMODEL or buy a larger home? First get cost estimates, then compare.

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